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[Extreme Transformation: Lifelong Weight Loss in 21 Days ...](#)

Chris and Heidi Powell, hosts and transformation specialists from the hit TV show, Extreme Weight Loss, now share their proven, life-changing, step-by-step guide for losing weight and keeping it off in their first co-authored book, Extreme Transformation.

[Chris Powell's Diet Plan for Huge Results - IdealBite](#)
Chris Powell's diet plan is a high quality, effective weight loss plan that can help everyone! Including people who want to lose a few extra pounds and people who need to lose hundreds of pounds to save their lives.

[Chris Powell - Official Site](#)

Chris Powell is the trainer and transformation specialist on ABC's highly rated documentary style series Extreme Weight Loss.

[Chris Powell Reveals Behind-the-Scenes Weight Loss Tips ...](#)

Most likely, overwhelmed. But for Chris Powell, the trainer who has helped hundreds of overweight people lose up to half their body weight on ABC's reality series Extreme Weight Loss, this is an everyday challenge and one at which he excels.

[Fast Weight Loss: "Extreme Makeover" Secrets From Trainer ...](#)

Chris Powell, host of the hit show Extreme Makeover: Weight Loss Edition and author of the book Choose More, Lose More for Life shared his tips for fast weight loss.

[Chris Powell's 7 Secrets of Extreme Weight Loss Success](#)

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[Extreme Transformation: Lifelong Weight Loss in 21 Days by ...](#)

Chris and Heidi Powell, hosts and transformation specialists from the hit TV show, Extreme Weight Loss, now share their proven, life-changing, step-by-step guide for losing weight and keeping it off in their first co-authored book, Extreme Transformation.

[Chris Powell \(personal trainer\) - Wikipedia](#)

Christopher "Chris" Powell (born March 2, 1978) is an American personal trainer, reality show personality, and author. Powell was the host of the ABC television series Extreme Weight Loss, which aired from 2011 to 2015.

[Chris Powell's Custom Weight-Loss Blueprint | The Dr. Oz Show](#)

Chris Powell's Custom Weight-Loss Blueprint Many of us can commit to a healthy diet and feel better than ever but find that the accompanying weight loss we expected just isn't happening. Here fitness expert Chris Powell shares the secret blueprint you can use to help you feel good and drop unwanted pounds.

Chris Powell | Transformation Tools & Resources

Download the Transform App w/ Chris and Heidi for iPhone or Android. heidipowell.net Get tips, guidance and inspiration for weight loss, family and living your best life.